



Department of
CITIZEN SERVICES
OFFICE ON AGING



2400 Route 97
Cooksville, MD 21723
(410) 313 - 5440
Fax: (410) 313 - 4846

glenwoodsc@howardcountymd.gov

Senior Center Hours

Monday - Friday
8 am - 5 pm

Website:

www.howardcountyaging.org

www.glenwoodseniorcenter.org

INSIDE THIS ISSUE:

News & Notes	2
Fitness	3
Health & Wellness	4-5
May, June Programs	6-8
May Menu	9
Womenfest	11
May Calendar	12
Computer Classes	14



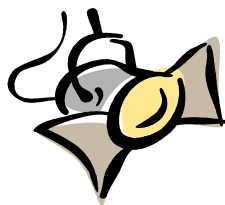
GOINGS ON AT GLENWOOD 50+ CENTER

During May we celebrate Older Americans' Month! Join us at the Ten Oaks Ballroom on May 25th as the Office on Aging presents, "Salute to Summer" a wonderful gathering of music and food! Tickets are available at the front desk.

This month join us for our Fiesta Plate special, Libby's Afternoon Tea, programs on Ben Franklin, Washington's Women, and the Theremin concert. Details on all events can be found on pages 7, 8, 9 inside.

Happy Mothers Day & Happy Memorial Day!

Regina, Cathy, Bernice, Libby, Wendell



CHEF EVENT PASTA BAR

Penne, Fettucini, Tortellini

Caesar Salad, Grilled Veggies

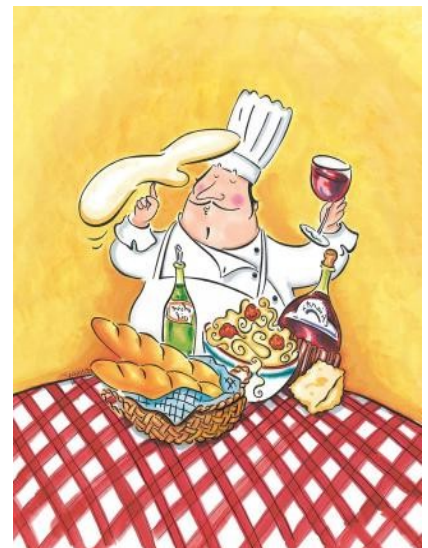
Sausage, Beef, Mozzarella, Parmesan

Alfredo, Marinara

Amaretto Chocolate Pudding

Thursday, May 20th, Noon

It's time for another "Chef Event". This month we are going Italian! Choose from a variety of pastas, sauces, toppings and terrific sides. Topped off with Italian bread and Amaretto Chocolate Pudding. Don't miss! Cost: Suggested Lunch Donation. Sign up at the front desk by **Tuesday, May 11th.**



Venite Mangiare

NEWS AND NOTES

Glenwood Center will be **closed Monday, May 31st**, in observance of Memorial Day.

Program Sign Up - In fairness to our visiting speakers and instructors, please sign up ahead of time for programs you are interested in attending. Showing up the "day of" does not allow for proper preparation. In some cases, we may have cancelled a program that would have run, if members had signed up earlier. Thank you so much for your understanding and cooperation.



You can now view our offerings on the web! The link below will take you to our site. <http://activenet12.active.com/howardcounty/>. Soon you will also be able to view and register for classes online, in addition to in person at the front desk.

Welcome to Carol Hilbert, Bev Biersdorf, Janet Pfeiffer and Sharon Vecera, who have just joined the Senior Council!

Make sure you invite family and friends to our Saturday, May 22nd concert by the Showtime Singers! Concert is at 2 pm, tickets are free but required. Sign up at the front desk.

MEET THE STAFF

Regina Jenkins
Director
(410) 313-5443

Cathy Burkett
Assistant Director
(410) 313- 4832

Libby Davis
Lunch Program / Programming
(410) 313-4833

Bernice Rutledge
Front Desk
Administrative Assistant
(410) 313-5440

Wendell Porter
Utility Technician
(410) 313-4836

We want your experience to be a positive one, please let any of us know if you have questions or suggestions!



Senior Health Insurance Assistance Program
(410) 313-7392

60+Wills & Legal Screening
(410) 313-7392



Senior Center Plus

Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent? The Senior Center Plus program offers a safe, affordable, stimulating option. The Plus program has a staff ratio of 1 to 8, and is directed by a Certified Occupational Therapy Assistant. Staff are dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The four hour program provides programming, a well balanced lunchtime meal and snacks. Contact Judy Miller, Director at (410) 313-5442 or jumiller@howardcountymd.gov

FITNESS

Beginner "Plus" Line Dancing

Tuesdays, 3:30 pm

Cost: \$50 for 10 weeks

Ready to get your feet wet with line dancing? Join Mary McCormick for a beginners session to learn this fun and upbeat dance! Wear leather soled shoes. No class on April 6th.

Pilates

Mondays, 9:45 am

Cost: \$47 for 8 weeks

Join us! Pilates are exercises to develop the "power-house", which includes the abdomen, lower back, & buttocks. By strengthening the core muscles of the body, you will improve posture, balance and flexibility. For all levels. Taught by Sara Schwab, AFAA Certified.



Sittercize

Monday, Wednesday, Fridays, 1pm,

Cost: \$36 for 18 classes

This well rounded hour of fitness includes seated aerobics, stretching, & strengthening. A great fit for those interested in improving overall health and ease of daily activities. Taught by Sara Schwab.

Energize I.T. – Interval Training

Monday & Wednesdays, 8:20 am

Cost: \$64 for 22 classes

This class will alternate between low impact floor aerobics & resistance training. Taught by Sara Schwab, AFAA Certified.

Belly Dance

Fridays, 10 am, next session begins June 11th

Cost: \$48

Join Mary Krause for this excellent core workout! Learn Middle Eastern dance and have fun at the same time!

Gentle Yoga for Beginners

Tuesdays, 10:15 -11 am, began Apr 27th

Cost: \$45 for 8 weeks

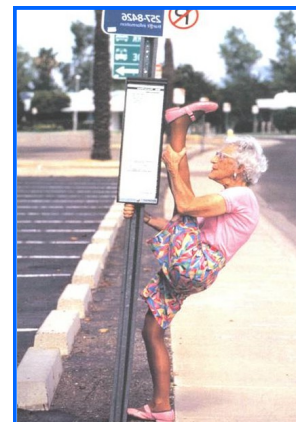
Experience this safe & gentle practice that includes simple exercise, breathing, relaxation, & meditation techniques. We will do both standing & chair supported postures. Leave class relaxed and centered.

Hatha Yoga

Tuesdays, 9 am or Thursdays 9 am, began Apr 22nd and Apr 27th

Cost: \$45 for 8 classes, begins

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow-paced stretching and some simple breathing.



HEALTH, WELLNESS AND FITNESS

Age Well “Sit & Fit”

Tuesday & Thursdays, 11 am, begins May 6
Cost: \$35 for 16 classes

Are you interested in getting stronger? Join our 'Sit and Fit' class. Everyone works at their own ability level, using bands, balls, and hand weights, while also enjoying the social benefits. Instructor Susan Kain is ACE Certified. Co-sponsored by Howard County General Hospital.

Fit For Life with Marianne Larkin

Fridays, 8:20 am, began Apr 23rd
Cost: \$48 for 12 weeks

Join Marianne for this fun filled class designed to enhance your endurance, flexibility and strength. Easy-to-follow moves are demonstrated at various intensity levels so you can customize the workout. Each class will include low-impact aerobics, resistance, core and balance exercises, followed by gentle stretching.



Stroke Survivors' Reading For Life

Wednesday, June 9th, 10:30 am
Cost: \$44 per session (No May Mtg)

Stroke Survivors' Reading For Life Group is facilitated by speech pathologist Jennifer Triandafilou. Meets monthly to discuss a pre selected book.



Nutrition Counseling One on One w/Rona

Wednesday, May 26th, 9-11:30 am
Cost: Free

Rona Martiyan is a Maryland Licensed Registered Dietician/Nutritionist for the Office on Aging. Her goal is to improve the quality of life of older adults through nutrition education and counseling. Thirty minute nutrition counseling appointments. **Please sign up at the front desk.**

Blood Pressure Screenings

Tuesdays, May 11th & 25th, 9 -11am
Cost: Free

Sponsored by Howard County General Hospital. Let the nurse keep track of your blood pressure. This takes place in the lobby.



“Ask the Pharmacist”

Monday, May 10th, 9-10 am
Cost: Free

Bring all of your questions to pharmacist, Don Hamilton. Meet one on one and get answers to your pressing questions about your medicines. Take advantage of this excellent resource we are lucky to have!



HEALTH, WELLNESS & ONGOING PROGRAMS

“WOW”

Weight Off Wisely

Thursday May 13th & 27th, 10:30 am

Cost: Free

Join this weight loss support group. This informal program will focus on healthy eating and supporting others on their journey to shed pounds.



Silver Sneakers Walking Club

Monday - Friday, 8 am

The Walking Club meets 5 days a week. Come join us any day for a brisk walk indoors. This is a safe and weatherproof way to begin exercising! Keep track of your laps.



A Matter of Balance

Fridays, 10 - 12 noon, 8 wks, begins May 14

Cost: \$24

This evidenced based program is designed for anyone who has cut down on a favorite activity due to fear of falling. The program can improve your quality of life and help maintain independence. A workbook and refreshments are provided. Program is 8 weeks. Inquire at the front desk.

Pinochle

Mondays, Fridays, 10 am

Looking for new players! Beginners and others are welcome. Enjoy this fun card game. Play continues until late afternoon. Come when you can!

Duplicate Bridge

Wednesdays, 1-4:30 pm

Enjoy an afternoon of bridge. \$1 per day includes supplies, and healthy snacks. For more information, check at the front desk.

Terrapin Lace Makers

Thursday, May 6th, 10 am

The Terrapin Lace Makers meet the first Thursday of each month. The group is comprised of knowledgeable bobbin lace makers. Stop in and see how lace is made.

Mah Jongg

Wednesdays, 6 pm

Join us for Mah Jongg using the rules of the National Mah Jongg League. This is for experienced or beginning players. Come enjoy this fun and social game.

Men's Drop In Basketball

Monday, Wednesday, Friday, 9 am

Join this group for a fun and competitive workout. Come for one, two, or all three days



MAY PROGRAMS AND EVENTS

Ben Franklin's Spiritual Beliefs

Monday, May 3rd, 9:30-11:30 am

Cost: \$9

Franklin is best known for his life as a scientist



& diplomat. However, his spiritual side is mostly unknown. Learn how two prominent religions influenced his spiritual beliefs. Find out about

Franklin's personal traits, his concept of virtue & its characteristics, and his views on religious tolerance.

Fiesta Plate Special

Wednesday, May 5th, noon

Cost: \$6

Ole'! Let's celebrate Cinco de Mayo with a taco bar, Spanish confetti rice, dessert and mock sangrias.



You are invited to the Prom

Thursday, May 6th, 11 am

Cost: \$4

Join us for this intergenerational program with music performed by the Baltimore County Swing Band and dance the day away! Don't have a dance partner? Students from Glenwood Middle School will be joining us for our "Senior Prom". You are encouraged to sign up for lunch at the front desk and join the students after the dance.



You are Invited to an Afternoon Tea

Tuesday, May 11th, 1pm

Cost: \$12

Capture the mood of a Victorian tea room at this lovely event. It will be a wonderful time. Enjoy a variety of tea sandwiches, scones with clotted cream, fruit, cheese, special desserts and of course tea. Wear a hat & gloves if you like! Reservations required.



Just Jewelry Fused Glass

Wednesday, May 12th, 9:30 am

Cost: \$30

If you are new to fused glass or just want to come back and make another creation, this class is for you. Learn the basics and design either two pendants or a pendant and a pair of earrings.

Dayton Oaks Elementary Orchestra

Thursday, May 13th, 10 am, Lobby

Cost: Free

Stop by the lobby to enjoy the sounds of children as they perform as part of Dayton Oaks elementary school.

Bridge Boot Camp

Monday, May 17th, 8:30 am

Cost: \$65

Join Ruth Ann Mazur for another day of fun, food and fascinating bridge facts!

MAY PROGRAMS AND EVENTS

The Five Most Influential Women In George Washington's Life

Monday, May 17th, 9:30-11:30 am

Cost: \$9

Learn about five women who influenced our nation's first President. Discuss the women who were prominent in his life, Mary Washington his mother, Sally Cary Fairfax, his romantic interest, Eliza Powel, wife of the mayor of Phillie, Nelly Custis, his granddaughter; and Martha Washington his wife.



Civil War Series:

Flames Beyond Gettysburg

Tuesday, May 18th, 10:00 am

Cost: Donation

Author and Civil War tour guide Scott Mingus Sr. presents an informative and lively presentation and slide show covering the Confederate invasion of Pennsylvania during the Gettysburg Campaign.

Chef Event "Pasta Bar"

Thursday, May 20th, noon

Another great Chef Event with an Italian theme! Choose from a variety of pastas, sauces and toppings. Great side dishes and dessert. Invite a friend and enjoy the festivities. Suggested lunch donation \$3.

Reservations required by Tuesday, May 11th



Theremin Concert

Friday, May 21st, 10:30 am, lobby

Cost: Free

A Theremin is an early electronic musical instrument controlled without contact from the player. It is named after its Russian inventor, Professor Leon Theremin.

Showtime Singers

Saturday, May 22nd, 2 pm

Open to all ages, there are limited "free" tickets are available for this fabulous event. Bring your family and friends out for this up-beat, engaging concert featuring Show Tunes and favorites. **Get your tickets** at the front desk.



Older American's Day "Salute to Summer" Luncheon

Tuesday, May 25th, Doors open at 10:30

Cost: \$10

Join us for a luncheon featuring the Big Blues Band. Tickets on sale May 3rd at front desk. See flier.



MAY & JUNE PROGRAMS AND EVENTS

Independent Living Tips for Cooking and Dining

Thursday, June 3, 12:30 pm
Cost: Free



We will demonstrate a host of products and devices to help maintain independence and assist in daily living tasks. Cooking and dining can be made easier and safer with these specially designed items. You may join us for lunch by making reservations at 410-313-5440.

Summer Sides Cooking Demo

Wednesday, June 9th, 1:30 –3 pm
Cost: \$6

Join Libby as she prepares cool & easy side dishes for summer meals. This course will include demo and hands on.

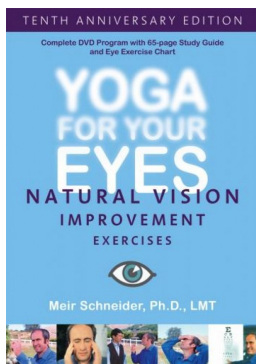


Yoga for the Eyes

Free Lecture w/ Dr. Meir Schneider

Thursday, June 10, 9-11 am
Cost: Free

Join Dr. Meir Schneider for an interactive lecture to learn exercises and tools for self-improved vision: techniques that are simple, effective, easy to use, and empower individuals to improve their eyesight naturally.



Biergarten - Taste & Talk



Thursday, June 10th, 6 pm
Cost: \$22

Join us at the Beer Garden! Ellicott Mills Brewing Company on Main

Street will be in the courtyard with beer tastings, education and food! Menu includes tasting of four beers, appetizers, hot foods, desserts and fun!

Womenfest

Wednesday, June 16th, 10-2 pm
Cost: Free

An event for all things woman. Join us for a fun, interactive event that focuses on health, wellness, fashion and beauty. Designed to inspire women to live more balanced, healthy and fulfilled lives! Seminars, demonstrations, speakers, exhibitors, screenings and more! Reserve your gourmet box lunch.



Chef Event Summer Sizzle Cookout

Tuesday, June 22nd, noon
Cost: \$2 plus suggested lunch donation

Join us outside to celebrate summer! This chef event will include all the fixins for a cookout! Entertainment by the Carroll County Cloggers, play horseshoes, board games, water balloon toss and more! Wear your sunglasses!



MAY MENU

Monday, May 3	Tuesday, May 4	Wed, May 5	Thurs, May 6	Friday, May 7
Seafood Salad Broccoli Salad Sliced Pears Wheat Bread Apple Juice Milk	Split Pea Soup Italian Meatballs w/ Marinara Sauce Tossed Salad Mini Sub Roll Apple Delight	Fiesta Plate Special Taco Bar Confetti Rice Dessert Mock Sangria Cost: \$6	Special Meal Caribbean Jerk Chicken Rice Pilaf Vegetable Saute' Cornbread Peach Cobbler	Lentil Soup Ham w/ Pineapple Sauce Glazed Carrots Broccoli Salad WW Bread Spiced Apples
Monday, May 10	Tuesday, May 11	Wed, May 12	Thurs, May 13	Friday, May 14
Mediterranean Salad Sliced Turkey Sweet Potatoes Collard Greens Dinner Roll Peach Cobbler	Marn Cuks & Onions Seafood Salad Green Beans Wheat Bread Citrus Cup	7 Bean Salad Pork Chop California Blend Pumpnickel Bread Stewed Fruit	Roma Salad Sliced Turkey Mashed Potatoes Peas Cornbread Sliced Apples	Coleslaw Stuffed Peppers Lima Beans Vienna Bread Apricot Halves
Monday, May 17	Tuesday, May 18	Wed, May 19	Thurs, May 20	Friday, May 21
Chix Veggie Soup Knockwurst Baked Beans Confetti Slaw Hot Dog Bun Pineapple Tidbits	LTO Hamburger Patty Carrots Sandwich Bun Mandarin Oranges	Turkey/Swiss Wheat Bread Pepper Cabbage Sliced Apples Grape Juice/Milk Cream of Celery Soup	PASTA BAR Pasta/Sauces Toppings Caesar Salad Garlic Bread Amaretto Pudding Donation:\$3	Grape Juice Sliced Turkey Mashed Potatoes Mixed Veggies WW Bread Apricot Halves
Monday, May 24	Tuesday, May 25	Wed, May 26	Thurs, May 27	Friday, May 28
Coleslaw Meatballs w/ Mari- nara Sauce Tuscan Bean Soup Mini Sub Roll Cherry Delight	Older Americans Day Luncheon Ten Oaks	Carrot Raisin Salad Roast Beef Mashed Potatoes Kale Rye Bread Sliced Peaches	Grilled Chix Breast Potato Salad Pickled Beets MandarinOranges Juice/Milk Vegetable Soup	Veggie Soup Tuna Salad LTO Potato Roll Citrus Cup
Monday, May 31	Tuesday, June 1	Wed, June 2	Thurs, June 3	Friday, June 4
Center Closed Memorial Day Holiday	Pepper Cabbage Chili Cornbread Peach Delight	Chef Salad Turkey/Cheddar Macaroni Salad Dinner Roll Corn Chowder Pumpkin Pudding Milk/Juice	Coleslaw Beef Stroganoff Noodles Italian Veggies Rye Bread Sliced Apples	Pineapple Juice Chicken Diablo Rice Oriental Veggie Salad Pumpnickel Bread Apricot Halves



Department of
CITIZEN SERVICES
OFFICE ON AGING



Celebrate Older Americans Month

With a

“Salute to Summer” Luncheon

Featuring “COOL” jazz by

The Big Blues Band

Tuesday, May 25, 2010

Tickets \$10

Ten Oaks Ballroom
5000 Signal Bell Lane
Clarksville, MD 21029
Doors open at 10:30 AM
Lunch served at noon.



Tickets on sale May 3rd at all Senior Centers.
Call 410-313-5440 for information.



WOMENFEST

Strong~Savvy~Sage

...a wellness event for women



Our Sponsors



Howard County
Commission for Women



JOIN US FOR THIS FUN, INTERACTIVE EVENT THAT FOCUSES ON HEALTH, WELLNESS, FASHION & BEAUTY. DESIGNED TO INSPIRE WOMEN TO LIVE MORE BALANCE, HEALTHY, AND FULFILLED LIVES!

WEDNESDAY, JUNE 16, 2010
GLENWOOD COMMUNITY CENTER
10 AM - 2 PM

FREE HEALTH SCREENINGS

SEMINARS ON RELEVANT & ENGAGING TOPICS INCLUDING:

- BRAIN FITNESS
- "PUT YOUR BEST FACE FORWARD" FACIAL REJUVENATION

FASHION DEMO BY CHRISTOPHER & BANKS

A VARIETY OF EXHIBITORS GEARED TOWARDS YOU

EXERCISE DEMOS

- ZUMBA
- YOGA
- LEARN ABOUT SKYPE, FACEBOOK, TWITTER
- ENTERTAINMENT

(FOR COMPLETE SCHEDULE GO TO WWW.HOWARDCOUNTYAGING.ORG, CLICK ON WOMENFEST)

GLENWOOD COMMUNITY CENTER, 2400 ROUTE 97

COOKSVILLE, MD 21723

EVENT IS FREE

PRE-REGISTER BY 6/9/10 TO RESERVE A GOURMET BOX LUNCH

SUGGESTED LUNCH DONATION FOR ATTENDEES OVER 60 IS \$3

ALL OTHERS, LUNCH IS \$6

CALL (410) 313-4830

OR EMAIL GLENWOODSC@HOWARDCOUNTYMD.GOV

Energize IT Walking Club Basketball Billiards Sittercize Pilates Pinochle Ben Franklins Beliefs 3	Hatha Yoga Sit & Fit Gentle Yoga Billiards Line Dancing Lunch 4	Energize IT Walking Club Billiards / Basketball Open Painting Mah Jongg Sittercize Duplicate Bridge Lunch Fiesta Plate Special 5	Hatha Yoga Billiards Sit & Fit Clay Open Studio Lunch WOW Senior Prom 6	Fit for Life Walking Club Basketball Belly Dance Pinochle Bridge Sittercize 7	
Energize IT Walking Club Basketball / Billiards Sittercize Pilates Pinochle Ask the Pharmacist 10	Hatha Yoga Sit & Fit Gentle Yoga Billiards Line Dancing Lunch Council Meeting Afternoon Tea 11	Energize IT Walking Club Billiards / Basketball Open Painting Mah Jongg Sittercize Duplicate Bridge Lunch Fused Glass Book Discussion 12	Hatha Yoga Billiards Sit & Fit Lunch Dayton Oaks Orchestra 13	Fit for Life Walking Club Basketball Belly Dance Pinochle Bridge Sittercize Byzantine Bracelet Matter of Balance 14	
Energize IT Walking Club Basketball / Billiards Sittercize Pilates Pinochle Bridge Boot Camp George Washington 17	Hatha Yoga Sit & Fit Gentle Yoga Billiards Line Dancing Lunch Civil War-Flames Beyond Gettysburg 18	Energize IT Walking Club Billiards Basketball Open Painting Mah Jongg Sittercize Duplicate Bridge Lunch 19	Hatha Yoga Billiards Sit & Fit Clay Open Studio Lunch WOW Pasta Bar—Chef Event 20	Fit for Life Walking Club Basketball Belly Dance Pinochle Bridge Sittercize Theramin Concert Matter of Balance 21	
Energize IT Walking Club Basketball / Billiards Sittercize Pilates Pinochle 24	Hatha Yoga Sit & Fit Gentle Yoga Billiards Line Dancing Blood Pressure Older Americans Day No Lunch 25	Energize IT Walking Club Billiards / Basketball Open Painting Mah Jongg Sittercize Duplicate Bridge Lunch 26	Hatha Yoga Billiards Sit & Fit Clay Open Studio Lunch 27	Fit for Life Walking Club Basketball Belly Dance Pinochle / Bridge Sittercize Matter of Balance 28	
Closed 31		<div>MAY</div> <div>AT A GLANCE</div>			12

SAVE THE DATE



BIERGARTEN



Come to the garden! The Beer Garden that is. Join us for an educational evening here at Glenwood. The Ellicott Mills Brewing Company will be on hand and will provide us with knowledge, samples and foods to go along with their selections. We will enjoy four different beers and the foods they are paired with. The menu will include appetizers, hors d'oeuvres and desserts. The courtyard will be transformed for the evening as German music plays in the background. Register today and be part of the fun!

Thursday, June 10
6 pm
Cost: \$22 pp



Feel free to utilize the registration form below to register for classes and programs at Glenwood 50+ Center, but realize that programs **are** filled on a first come, first served basis.

Glenwood 50+Center Program Registration Form

Please fill out this form to register for any program at the Glenwood 50+ Center.
You can call the center if you have any questions.

Name: _____ Phone Number: _____

Address: _____

City, State, Zip _____

Email: _____

Title of Program: _____ Cost: _____

Title of Program: _____ Cost: _____

For computer classes: checks are made payable to: Computer Seniors of America

The Howard County Office on Aging accepts cash, check and credit cards for payment of programs. Please make checks payable to: Director of Finance, Howard County. Everyone participating in a class or program at the center must complete a center registration form to become a member.

COMPUTER CLASSES OFFERED AT GLENWOOD 50+ CENTER



(410) 336-5878
www.computerseniors.org

Advance registration and payment required;

Center's Information Desk (410) 313-5440

❖ **Personal Computers for Beginners, \$30**

"If you know nothing or very little about the personal computer, this is the course to start with"

- June 8 & 9 (1-3pm)

❖ **Introduction to Personal Computers for Intermediate-Level Users, \$30 fee**

"After the Beginners course, this is the next one to take; or if you are somewhat familiar with Windows but have never had any classes in Windows, this course is a GREAT review"

- June 22 & 23 (1-3pm)

❖ **Internet I: Introduction to the Internet and E-mail, \$30 fee**

"This course will get you comfortable with surfing the internet and sending e-mail in only 4 hours; come on and join cyberspace"

- June 30 & July 1 (9-11am)

❖ **Internet II: Advanced E-mail, \$30 fee**

"Internet I introduced you to the basics of email, now the good stuff"

- May 10 & 11 (1-3pm)

❖ **Introduction to Word Processing, \$30 fee**

"Want to write a letter, create a flyer or other kind of document, then this course will take you through the basics of Word Processing"

- June 14 & 15 (1-3pm)

❖ **Advanced Word Processing, \$30 fee**

"This course is for those of you who want to learn the power of a Word Processor"

- None scheduled

❖ **Photo 1: Basic Digital Photography, \$30**

"Do you want to learn the basics of digital cameras and how to use a free image editing program? Then this is the course for you"

- May 3 & 4 (1-3pm)

❖ **Photo 2: Image Editing using Adobe's Photoshop Elements Version 5, \$30 fee**

"Learn the basics of a very powerful & com-

prehensive image editing program"

- Watch this space for future dates!

❖ **How to Make Greeting Cards, and more, Using your Computer, \$30 fee**

"Our instructor will teach you how to make greeting cards, posters, brochures, business cards and a whole lot more; and as a bonus, you will leave with a copy of the software"

- May 12 & 13 (1-3pm)

❖ **PC Maintenance, \$15 fee**

"Need to find out how to tune up your PC or how to save your important data? Well, this is the class to signup for"

- May 20 (9-11am)

❖ **Skype for Phone and Video Calls, \$15 fee**

"Learn how to use Skype to send text messages, voice, and video using a webcam over the Internet. See and talk to your family members for free using your home personal computer."

- May 26 (1-3pm)

❖ **Facebook: Get Started Now, \$15 fee**

"Facebook helps you connect and share with the people in your life. Get your personal account and start communicating"

- May 25 (1-3pm)

Friday Open Houses **At Glenwood**

- Fridays, 10am - 12noon, May 7th & 21st, June 4th & 18th
- For all who are 50 and above
- Just drop-in, no registration required
- Come and see how CSA can be of benefit to you
- CSA's highly qualified instructors will be there to answer your computer related questions: